

# Julie Tilsen, PhD

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## EDUCATION

- Ph.D.** Social Sciences, Tilburg University-Taos Institute, The Netherlands, Cum Laude  
*Concentration:* Constructionist Inquiry, Queer Studies, and Cultural Studies
- M.A.** Counseling and Psychological Services, Saint Mary's University, Minnesota
- B.S.** Therapeutic Recreation, University of North Texas, Cum Laude

## LICENSE/CERTIFICATION

Board Approved Supervisor, Minnesota Board of Behavioral Health Therapy  
Certified Trainer, International Center for Clinical Excellence  
Licensed Psychologist (Minnesota), #LP3522

## APPOINTMENTS/AFFILIATIONS

Dulwich Centre: International Faculty  
International Center for Clinical Excellence: Senior Associate  
Taos Institute: Associate  
University of Minnesota: Community Faculty, Youth Studies

## AWARDS

2014 Intellectual Life Committee Visiting Scholar Grantee, California State University-San Bernardino  
2011 Distinguished Service Award, Minnesota Association of Marriage & Family Therapy

## TEACHING

### *Graduate courses & Post-graduate courses*

- Advanced Family Therapy
- Counseling Theories
- Foundations of Family Therapy
- Group Processes
- Human Relations, Cultural Diversity and American Indian Culture
- Human Sexuality
- Individual and Relational Counseling
- Social and Cultural Foundations of the Family (cultural competence)
- Survey of Family Therapy Theories
- Varieties of Family Patterns

### *Undergraduate courses*

- Group Processes
- Individual Youthwork

## PUBLICATIONS

### *Books, chapters & journal articles*

- Tilsen, (2018). *Narrative Approaches to Youth Work: Conversational Skills for a Critical Practice*. New York: Routledge.
- Tilsen, J. (2017). Re-methodologizing research: Queer considerations for just inquiry. In E. Pinderhughes & V. Jackson, & P. Romney (Eds.), *Understanding Power: An Imperative for Human Services*, 235-250. Washington, DC: NASW Press.
- Chesworth, B., Filipelli, A., Nylund, D., Tilsen, J., Minami, T., & Barranti, C. (2017). Feedback informed treatment with LGTB clients: Social justice meets evidence based practice. In S. Miller, D. Prescott & C. Maeschalck (Eds.), *Reaching for Excellence: Feedback-Informed Treatment in Practice*. Washington, D.C: APA Press.
- Tilsen, J., & Nylund, D. (2016). Cultural studies methodologies and narrative family therapy: Therapeutic conversations about pop culture. *Family Process*, 55(2), 225-237.
- Tilsen, J. and McNamee, S. (2015), Feedback Informed Treatment: Evidence-Based Practice Meets Social Construction. *Family Process*, 54, 124–137.
- Tilsen, J. (2013). *Therapeutic Conversations with Queer Youth: Transcending Homonormativity and Constructing Preferred Identities*. Lanham, MD: Rowman & Littlefield.
- Tilsen, J. (2013). Friendly Ghosts: Re-remembering life after death. In J. Chang, (Ed.). *Creative Interventions with Children: A Transtheoretical Approach*, 158-162. Calgary, AB: Family Therapy Press.
- Tilsen, J., Maeschalck, C., Miller, S.D., & Seidel, J. (2012). *Feedback Informed Treatment Manual 5: Specific Populations*. Chicago: ICCE Press.
- Tilsen, J. & Nylund, D. (2010). Resisting normativity: Queer musings on politics, identity, and the performance of therapy. *The International Journal of Narrative Therapy and Community Work*, 3, 64-70.
- Tilsen, J. & Nylund, D. (2010). Homonormativity & queer youth resistance: Reversing the reverse discourse. In L. Moon, (Ed.), *Counselling Ideologies: Queer Challenges to Heteronormativity*. (93-104). Surrey: Ashgate Publishers.
- Tilsen, J. & Nylund, D. (2009). Popular culture texts & young people: Making meaning, honoring resistance, & becoming harry potter, *International Journal of Narrative Therapy and Community Work*, (2) 3-10.
- Tilsen, J. & Nylund, D. (2008). Psychotherapy research, the recovery movement, and practice-based evidence, *Journal of Social Work in Disability & Rehabilitation*, 7, 340-354.

*(Publications, continued)*

- Tilsen, J, Nylund, D. & Grieves, L. (2007). The gender binary: Theory and lived experience. *International Journal of Narrative Therapy and Community Work*, 3, 47-56.
- Tilsen, J. (2007). We don't need no education: Parents are doing it for themselves. *Journal of Progressive Human Services*, (18) 1, 71-87.
- Nylund, D. & Tilsen, J. (2006). Pedagogy and praxis: Postmodern spirit in the classroom. *Journal of Systemic Therapies*, (25) 4, 21-31.
- Tilsen, J., Russel, S., and Michael. (2005). Nimble and courageous acts: How Michael became the boss of himself. *Journal of Systemic Therapies*, (24) 2, 29-42.
- Tilsen, J. (1998). Vignettes from the doghouse: Tales of canine co-therapy. *Journal of Family Life*, (4) 4, 53-55.
- Training Videos**
- Tilsen, J. (2017). *A Conversation with Gender Non-binary Youth*. Alexandria , VA: Microtraining/Alexander Street Press.
- Tilsen, J. (2015). *Therapeutic Conversations Beyond the Binary: Constructing Identities with Transgender Youth*. Washington DC: UPG Media.
- Tilsen, J. (2015). *Beyond the Binary: Therapeutic Conversations with Queer Youth*. Washington, DC: UPG Media.
- Miller, S.D. & Tilsen, J. (2014). *Feedback Informed Treatment Supervision*. Alexandria, VA: Microtraining/Alexander Street Press.
- Tilsen, J. & Nylund, D. (2012). *iYouth: Therapeutic Conversations About Pop Culture*. Alexandria, VA: Microtraining/Alexander Street Press.
- Tilsen, J. & Nylund, D. (2012). *Queer Theory 2*. Alexandria, VA: Microtraining/Alexander Street Press.
- McNamee, S. & Tilsen, J. (2011). *Therapy as Social Construction*. Alexandria, VA: Microtraining/Alexander Street Press.
- Miller, S.D. & Tilsen, J. (2011). *Feedback Informed Treatment*. Alexandria, VA: Microtraining/Alexander Street Press.
- Tilsen, J. & Nylund, D. (2011). *Queer Theory in Action: Theoretical Resources for Therapeutic Conversations*. Alexandria, VA: Microtraining/Alexander Street Press.

**SELECTED PRESENTATIONS***Keynotes, conference presentations, papers*

- 2017 Narrative Practice Conference**, Hong Kong Baptist University, Hong Kong:  
*Therapeutic Conversations about Popular Culture*  
*Conversations about Gender & Sexuality: Some Straight Talk* (pre-conference workshop)
- 2017 Narrative Practice Conference**, Hong Kong Baptist University, Hong Kong:
- 2015 Keynote International Psychology Congress**, Maringa State University, Parana, Brazil:  
*Exposing The Politics of Normativity: Practices of Resistance of Queer & Transgender Communities*
- 2015 International Psychology Congress**, Maringa State University, Parana, Brazil:  
*Therapeutic Conversations with Queer Youth*
- 2015 Federal University of Santa Catarina**, Florianopolis, Brazil: *Queer Theory & Healthcare*
- 2015 Therapeutic Conversations 12**, Vancouver, BC: *Conversations on Non-Normativity*
- 2015 Therapeutic Conversations 12**, Vancouver, BC: *EBP Meets Social Construction*
- 2014 Therapeutic Conversations 11**, Vancouver, BC: *Narrative Therapy with Queer Youth: Transcending Homonormativity & Constructing Preferred Identities*
- 2013 MAMFT St. Paul**: *iYouth: Kids, Counseling & Pop Culture*
- 2012 MAMFT Minneapolis**: *Bringing Sexy Back: Desire, Pleasure & Resistance to Erotophobia*
- 2012 Therapeutic Conversations 10**, Vancouver, BC: *Bye-Bye Binary: Queer Theory in Action*
- 2011 MAMFT Minneapolis**: *Moving Beyond the Binary with Transgender Youth & Their Families*
- 2010 Keynote, Therapeutic Conversations 9**, Vancouver, BC: *Resisting Normativity: Queer Musings on Politics, Identity, and the Performance of Therapy*
- 2009 AAMFT Conference**, Sacramento: *Families in Transition: Transgender Youth In Context*
- 2008 Intl. Narrative Therapy Conference**, Adelaide, AU: *Queer Theory, Queer Therapy: Post Identities for the Post Modern World*
- 2008 Intl. Narrative Therapy Conference**, Adelaide, AU: *Don't Shoot Your TV Yet Leveraging Pop Culture in Therapy with Youth*
- 2007 Therapeutic Conversations 8**, Toronto, ON: *One Stop Queer Shop*
- 2007 MAMFT**, St. Paul: *Q-Tips: Strategies for a Queer Friendly Practice*
- 2007 Keynote MFBSA Conference**, St. Cloud: *Thriving in the Age of So Called Evidence Based Practice*
- 2006 Keynote MAMFT Conference**, Minneapolis: *Don't Shoot Your TV Yet: Leveraging Pop Culture in Therapy with Youth*
- 2006 Therapeutic Conversations 7**, Vancouver, BC: *Not Gay Enough: Bi-phobia, Policing Our Own, & the Struggle to be Queer in a Straight World*
- 2006 Therapeutic Conversations 7**, Vancouver, BC: *Organically Validated Treatments, Worst Practices, & Other Stuff That Works with Kids*
- 2005 MAMFT Annual Conference**, Minneapolis: *Couples Work Between the Binary: When One Partner is Transgender*
- 2005 Therapeutic Conversations 6**, Vancouver, BC: *Transgressing Sexual & Gender Boundarie*

*Interviews/Discussant*

- 2012 Gender, Race, & Queer** Interviewee, TC10, Vancouver  
**2012 Narrative Therapy & Couples** Interviewer, TC10, Vancouver  
**2010 Making Space for Ourselves: A Conversation on Trans Identities** Discussant, TC9, Vancouver  
**2010 Conversations on Masculinity** Interviewer, TC9, Vancouver.  
**2007 History of Change: Queer Theory** Interviewee, TC8, Toronto & Vancouver.  
**2007 Once He's There: African American Men in Couples Therapy** Discussant, TC8, Toronto.  
**2005 Reconciling the Erotic & the Domestic** Discussant, TC6, Vancouver.

**PRACTICE***Clinical supervision/consultation*

- Provided primary clinical supervision for therapists, addiction counselors and graduate students
- Completed documentation required for licensure and evaluation of supervisees & staff performance
- Recruited, interviewed, hired, and trained staff and graduate interns
- Served as clinical consultant for mental health therapists, youth and outreach workers, residential care staff, and social service providers
- Provided consultation to medical, psychotherapy, residential & shelter care staff, and youthwork professionals in specialty areas of focus including:
  - Feedback Informed Treatment
  - Socially just practice
  - Work with youth in risky contexts
  - Work with queer and transgender communities
  - Narrative therapy and collaborative practices

*Client care*

- Provided individual, family, group, and relationship therapy for children, youth, and adults concerning a variety of issues, including:
  - Gender and sexuality
  - Addictions & substance mis-use
  - Sexual health & HIV/AIDS
  - Effects of racism, poverty, homelessness, and other dimensions of marginalization
  - Family, relationship, and parenting concerns
  - Behavior and school performance problems
  - Sexual and domestic abuse
  - Eating disorders
  - Depression, anxiety, lack of motivation, stress
- Designed, implemented, and facilitated retreats for families in addictions treatment
- Worked at all levels of client care including: inpatient, residential, day treatment, public school, community-based, university counseling center, and private practice
- Provided case management by interfacing and collaborating with collateral service providers from various disciplines, community resources, third-party payers, and schools

## **TRAINING, PROGRAM CONSULTATION AND PROGRAM DESIGN**

### ***Community and mental health***

- Trained and consulted youthworkers serving precariously housed youth & youth in risky contexts
- Consulted social service agencies and clinical programs regarding issues of: cultural responsiveness, queer & transgender clients, and socially just practices
- Designed and facilitated variety of workshops for professionals in the areas of:
  - Narrative therapy & dialogical practices
  - Serving queer and transgender communities
  - Feedback Informed Treatment
  - Socially just, anti-oppressive practices
  - Harm reduction
  - Anti-burnout & sustainable practice

### ***School-based programs***

- Created, implemented, and facilitated youth mentorship program in inner-city high school
  - Demonstrated improved attendance, performance and retention
  - Increased participation in student leadership and extracurricular activities
- Designed and facilitated freshmen retention program in inner-city high school
  - Retention improved 30% after one year of program
- Provided training and consultation for inner-city high school teachers on relationship skills
- Facilitated teacher-parent visioning workshops
- Designed and led team of youth workers in facilitation of student leadership development
- Created and facilitated anti-oppression workshops for high school students

### ***University communities***

- Directed, designed and implemented Positive Space Campaign
- Provided training, consultation, and on-going support for university residential life staff in:
  - Conflict resolution and difficult situation conversation skills
  - Crisis response skills
  - Crisis debriefing
  - Cultural responsiveness skills
  - Interpersonal team building
- Trained and provided consultation for student peer support workers
- Served as consultant to faculty and staff on issues regarding:
  - Effective relationship skills with students
  - Responding to student crisis
- Mentored university student organizations in peer support and positive climate initiatives
- Created and facilitated projects focused on:
  - Improving campus climate
  - Enhancing student-staff collaboration
  - Improving academic success

## **JOB HISTORY**

**Therapist/Consultant/Trainer**, Private Practice: 1997-present

**Community Faculty**: University of Minnesota, School of Social Work, Youth Studies  
Program: 2013-present

**Director of Ethics & Practice**, International Center for Clinical Excellence: 2015-present

**Training Director**, International Center for Clinical Excellence: 2010-2015

**Adjunct Faculty**, Saint Mary's University, Minneapolis, MN: 2001-2007; 2012-2013

**Counselor**, University of Winnipeg Student Services, Winnipeg, MB: 2008-2010

**Clinical Supervisor**, Downtown Community Health Centre, Vancouver, BC: 2007-2008

**Adjunct Faculty**, Argosy Univ., MFT Graduate Program, Eagan, MN: 2004-2007

**Psychologist**, Methodist Hospital Eating Disorders Institute, Minneapolis, MN: 1998-2000

**Intern Supervisor**, Domestic Abuse Project, Minneapolis, MN: 1998-2000

**Adjunct Faculty**, Mankato State Univ., Ed. Leadership Graduate Program, Mankato, MN,  
1997

**Family Therapist/Clinical Supervisor**, Storefront/Youth Action, Richfield, MN: 1995-1997

**Family Therapist**, Family Networks Adolescent Day Treatment, Minneapolis, MN: 1994-1995

**Family Therapist**, Brown House Youth Residential Treatment, St. Paul, MN: 1993-1994

**Adolescent Therapist**, Gerard Day Treatment, Minnetonka, MN: 1990-1992